



We offer a series of unique pilgrimages to the island of Flat Holm in the Bristol Channel. Embedded in the Christian Celtic tradition of our land, our pilgrimages will have a special care for the natural world, and explore how we can discover God's presence and serve him in the familiar and every day, as we rejoice in the saints of our land.

a celtic island Retreat

the journey

The crossing is provided by **Cardiff Cruises** sailing from Penarth, and takes place between March and October. Times vary due to the changing tide and high winds. There are steps leading from the jetty up onto Flat Holm Island, along with some rugged terrain, so this trip is not suitable for those who have walking difficulties.



CONTACT

For more details or to make a booking visit:

www.southcardiffministryarea.co.uk

or contact us at:

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offshore and
onshore
pilgrimages to
flat holm

flat holm

Flat Holm sits alongside its sister island, Steep Holm, in the Bristol Channel. It lies within the ancient parish of Cardiff St Mary the Virgin and is the southernmost point of Wales. It is rich in wildlife, steeped in history and religious significance.

Years before the small town of Cardiff became a city, the island was visited by Celtic Saints as an Island retreat, and was a favoured place of seclusion for St Cadoc (b. 497) whilst Steep Holm was a home to his friend and disciple, St Gildas.

a celtic island retreat

Our pilgrimages to Flat Holm stand in the tradition of the Celtic saints who have gone before us.

Those who have prayed where we pray, witnessed where we live, proclaiming the Kingdom of God and handing on a rich heritage to each generation. Like them, we also have a special care and love of the natural world.

*“Even if we are silent...
Creation’s song will proclaim
the glory of God.
The wind will declare
his power,
the birds will
praise his name,
the waves will
hail his coming,
the rainfall upon
the soft earth
will tell of his love...
If we are silent.”**

**from ‘Here in this Place’, a Flat Holm Pilgrimage Manual and Spiritual Notebook*

pilgrimage

Join us on a journey across the Bristol Channel to the island of Flat Holm.

The time we spend on the island is determined by the times of the tide and so the timetable and content of each pilgrimage will be different.

The total cost is **£50** (for adults) which includes return crossing, landing charge, a Pilgrimage Manual with over 80 pages of prayers and reflections, and other pilgrimage costs. If the weather makes it impossible to reach the island a full refund will be given, and an onshore pilgrimage offered at St Mary’s Church.

onshore pilgrimage

As well as offering an onshore pilgrimage when the scheduled crossing is impossible, we provide onshore pilgrimages throughout the year.

This particular pilgrimage is **FREE** although you will need to purchase a Pilgrimage Manual (**£5**) to participate fully. Check out our website for full details.

www.southcardiffministryarea.co.uk